



SHARE! Downtown Meeting Directory October 2016

425 S. Broadway L.A. CA 90013; (213) 213-0100

SUNDAY

12:30 pm **Co-Dependientes Anonimos** (CODA in Spanish)
Hope Room (1st & 3rd Sundays)

1:00 pm **Depression & Bipolar Support Group** **Peace Room**

1:30 pm **Cleptomaniacs & Shoplifters Anonymous** (CASA)
Courage Room

3:30 pm **Narcotics Anonymous** (NA)
"Sunday in The Sun", **Friendship Room**

5:30 pm **SMART** (Self Management & Recovery Training) **Friendship Room**

MONDAY

12:30 pm **Sex Addicts Anonymous** (SAA) **Friendship Room**

1:30 pm **Helping Hands Arts & Crafts** **Hope Room**

7:00 pm **Narcotics Anonymous** (NA)
Vision Room

7:30 pm **SOS** (Non 12-Step)
"An Alternative Sobriety Path" **Peace Room**

7:30 pm **Adictos al Sexo y al Amor Anonimos** (SLAA Spanish) **Courage Room**

TUESDAY

12:30 pm **Free 'N' One***
(Free From Drugs & Alcohol & One With Christ) **Hope Room**

1:00 pm **Empowerment Hour**
Project Return, **Peace Room**

3:30 pm **Adult Children of Alcoholics** (ACA) (Lesbian, Gay, Transgendered, and Bisexual Friendly) **Courage Room**

5:30 pm **Crystal Meth Anonymous**
(Speaker Meeting- **Hope Room**)

7:30 pm **Adictos al Sexo Anónimos** (SAA in Spanish) **Hope Room**

7:30 pm **Sexual Compulsives Anonymous** (SCA) **Peace Room**

7:30 pm **Narcotics Anonymous** (NA)
Friendship Room

7:30 pm **Cleptomaniacs & Shoplifters Anonymous** (CASA) **Courage Room**

WEDNESDAY

12 Noon **Alcoholics Anonymous "High Noon Meeting"** **Peace Room**

2:30 pm **Project Return Recovery Seekers** **Courage Room**

1:30 pm **Depression & Bipolar Support Group** (DBSG) **Peace Room**

3:30pm **Community Meeting**
"My Brother's Keeper", **Lobby**

7:00 pm **Co-Dependientes Anonimos** (CODA in Spanish) **Hope Room**

7:30 pm **Adult Children of Alcoholics** (ACA) (Lesbian, Gay, Transgendered, and Bisexual Friendly)
Courage Room

7:30 pm **Alcoholics Anonymous** (AA Big Book Study) **Friendship Room**

7:30 pm **SOS** (Non 12-Step)
"An Alternative Sobriety Path" **Peace Room**

THURSDAY

12:30 pm **Free 'N' One***
(Free From Drugs & Alcohol & One With Christ) **Hope Room**

12:30 pm **Recovery International** (Mental Health Recovery) **Vision Room**

3:30 pm **Anger Anonymous Release**, **Friendship Room**

5:30 pm **Crystal Meth Anonymous** (Sex and Sobriety) **Hope Room**

7:15 pm **Overeaters Anonymous** (OA), **Peace Room**

7:30 pm **Vipassana Insight Meditation*** (Meditation in the Buddhist tradition), **Friendship Room**

7:30 pm **Co-Dependents Anonymous** (CODA) **Courage Room**

FRIDAY

7:00pm-9:00pm **Co-Dependientes Anonimos** (CODA in Spanish) Limite a Junta de Estudios **Hope Room**

7:30 pm **Recovery International** (Mental Health Recovery)
Peace Room

7:30 pm **Alcoholics Anonymous** (AA Speaker/Participation)
"South Park Group", **Vision Room**

7:30 pm **Compulsivos Sexuales Anónimos** (SCA in Spanish) **Friendship Room**

7:30 pm **Narcotics Anonymous** (NA)
Courage Room

SATURDAY

10:00 am **HIV Support Group**
Peace Room (begins in August)

11:30 am **Alcoholics Anonymous** (AA Book Study) "Butterfly Effect", **Hope Room**

1:00 pm **Spice and Other Synthetic Drugs Anonymous** (**Vision Room**)

1:30 pm **Dual Diagnosis**
"Double Trouble" **Courage Room**

3:30 pm **Narcotics Anonymous** (NA Basic text) **Peace Room**

In accordance with SHARE!'s non-discrimination policy, meetings not otherwise described as religious in nature that use materials from a religious source, such as the Lord's Prayer, are marked with an asterisk.

Accessible,
air-conditioned meeting
space is
available for
weekly meetings and
marathon meetings.



How to attend a support group

Just show up!

Is there a facilitator?

Self-help groups are run by peers. The person leading the meeting that day will usually read some material explaining how the meeting works. Some of the material can be read by other members of the group. In most meetings everyone then gets a chance to share about how they're dealing with the issue.

How much does it cost?

A basket will be passed to collect your donation. SHARE! has a **suggested donation of \$2 to \$5** per person per meeting, however, no one is turned away for lack of funds.

How long are the meetings?

Meetings are usually one and a half hours long.

How do I know if the meeting is right for me? We suggest you attend a group six times before you decide whether it's helping you.

See you at a meeting!



SHARE!

the Self-Help And Recovery Exchange

SHARE! Downtown MEETING DIRECTORY OCTOBER 2016

Open 7 Days a Week

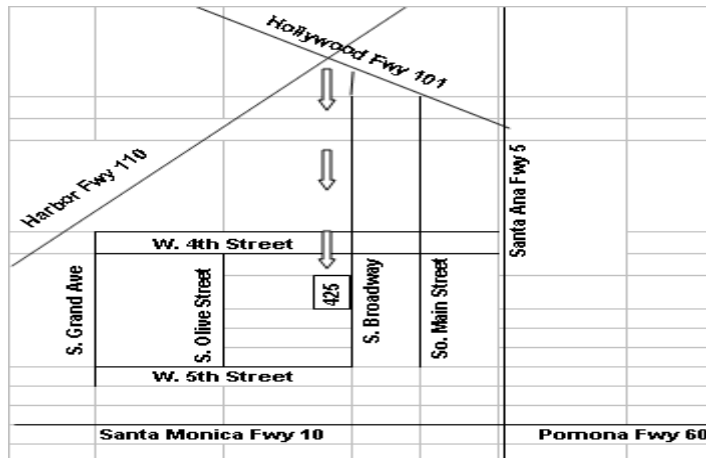
Sunday-Friday 12:30pm-9:30pm

Saturday 9:00am-5:30pm

425 S. Broadway Los Angeles CA 90013
Phone: (213) 213-0100 Fax: (213) 213-0108

For self-help meetings
elsewhere in Los Angeles County
CALL 1-877-SHARE-49 (Toll Free)

Directions to SHARE! Downtown
425 S. Broadway (bet. 4th & 5th)



Driving Directions: From **US 101 Freeway**
Take the **Broadway exit 2C**.
Turn **Right** onto **North Broadway**.
End at **425 South Broadway**

Metro: Red Line Pershing Sq. Exit

Paid parking lots on east side of Broadway.
Parking meters on Broadway

SHARE! the Self-Help And Recovery Exchange, a project of the Emotional Health Association, a California non-profit organization, is supported by the Los Angeles County Department of Mental Health.

